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Frase: básica: ⁄ elaborada: x

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| Fecha / Compañero | Meta | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
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Direcciones 1:

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Nombre\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Direcciones 2:

Trabajo es completo, apropiado, elaborado y sofisticado constantemente:

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Direcciones 3: